



Leading sport and fitness education

eta newsletter December 2011

George Campus



eta George from a student's perspective

As we tackle the last piece of 2011, I involuntary recall the fears that overshadowed my future in the beginning of this year. There was the fear that the course would not be what I hoped it would be. There was the fear of daring to take this insane step. There was the fear of being disqualified because of an inadequate fitness level. There was that feeling of wanting to back down and asking "What on earth made me do this?" Life in total looked impossible.

Soon the holistic approach of the campus facilitator exercised its impact on me. A bunch of strangers became living individuals with heart. Every moment and every group activity had something new in store for me. As the year progressed, I realised that the course exceeded my expectations by far. The eta manuals contain extremely relevant information and provide guidance and clarity on health and fitness related subjects. Once you are familiar with the Study Guide and Portfolio Of Evidence, you have no excuse whatsoever of not knowing what to do!

One day I was walking to Virgin Active from home for prac hours when suddenly I realised a pleasant, fresh feeling of being back in Grade 1. Why are we so often afraid of learning new things? Why are we so afraid of hard work? eta George contributed to a awakening urge in me to keep on learning. The Personal Training course not only taught me basic knowledge and principles, but also how to apply it and how to utilise important life skills that is vital for my goal to assist people with their lifestyles as well as my personal growth.

I am overwhelmed with gratitude for the opportunities we have together with this beautiful part of our land. My hope is that people will start to dare in a bigger life, a journey filled with purpose, beauty and adventure.

The eta George campus and facilities

The eta George campus is surrounded by Virgin Active, a personal training studio, pure pilates as well as a virtual spinning studio and a physiotherapist specialising in sport injuries.



News and events

We would like to thank our students for all their hard work, dedication and professionalism in the workplace. We have had some exciting times which included sport events, dress-up and campus open days.



Wheelchair Challenge

At the eta George campus we open our hearts to the community and help where we can. Our students love being involved by helping others to achieve their dreams and goals.

A record of 870 competitors from South Africa and abroad took part in the 9th Outeniqua Wheelchair Challenge (OCC) presented by Vodacom and ACSA (George Airport) in George on 19 February 2011. The students enjoyed assisting during this tiring but heart warming event.

Angels and Zombies dress up

Our students are not just active and have a passion for the sport and fitness industry, they are also very creative when dressing up. Our theme for the day was angels and zombies and the students went all out showing their creativity.

The vibe we have on campus is amazing. The students have made the campus their second home. Our recreational area consists of an X-box which is connected to a kinect. Our students come from as far as Zimbabwe and Molteno.



[Join our facebook group and keep up to date with all upcoming events!](#)

Sport

Throughout the year we were involved in events like a soccer weekend, recreation at the Cheese and Wine Festival and various coaching clinics.

Our students also made name for themselves in sport. We are proud to announce that three of our first year students are now part of the SWD Eagles U19 team. Congratulations to Jaco van der Merwe, Eldin Booysen and Ruan Bennett. Natasha Schmidt also did us pride and was chosen for the Western Cape Netball team.



May you experience true happiness and joy during this festive season and may you be filled with courage from a consistent source to face the new year.

- eta Team